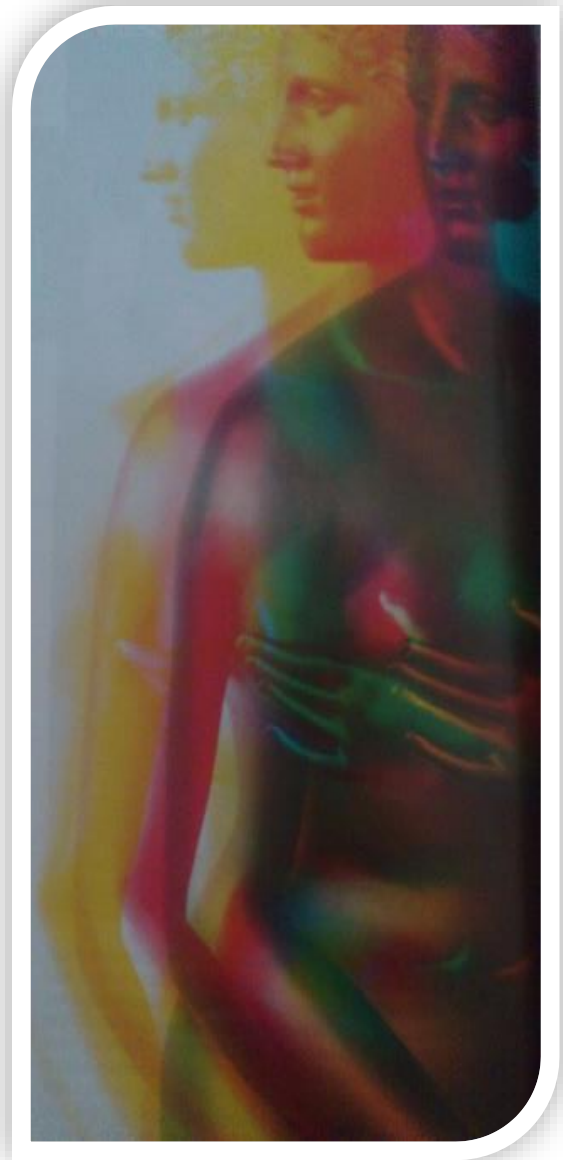


Gastronomic Treasures

Collection Recipe





Recipe

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Recipe

INTRODUCTION

Education of the 21st century must be visionary and future-oriented. Generations have grown up with advance technology given in their homes and classrooms. The students in our schools today are intelligent, independent and extremely capable.

The project includes activities of creativity, critical thinking skills, and communication skills. Also sets as priority to strengthen mutual understanding among European nations with getting to know different traditions of the participating countries.

This booklet enforce the responsibility of all of us to teach, train, and learn the activity of gastronomic treasures to our students of each EU-project-partners. Further it will give us the possibility to share our ideas/plans/recipe and carry out plans and good practices with a wide range of training opportunities and resources.

The international cooking festival “Food for all tastes around Europe” – will be placed among others project product in the e-book “Get SMART” - which consist a product of our EU project.

Thus the project will get intercultural dimensions in its outcomes with strengthening mutual understanding.

NAME OF RECIPE: **MACARONIA TOU FOURNOU (PASTITSIO)**

From the Kitchen of: **GYPRUS**

Few Words: Pastitsio - also known as Makaronia tou Fournou (or oven-baked macaroni) – is ideal for parties and picnics as it's enjoyed both hot and cold. You can make a vegetarian Pastitsio by simply substituting the mincemeat with chopped onions, carrots, courgettes, grated white cabbage and other vegetables

Preparation Time: 1 hour

Number of Servings:

Cooking Temperature: 180°C



INGREDIENTS

For the Filling

- 1 packet thick macaroni
- 1 kg minced meat (half pork and half beef)
- 7 tbsp olive oil
- 1 cup (250gr) pureed tomatoes (pasata)
- 2 vegetable stock cubes (optional)
- 1 cup grated haloumi cheese
- 1 egg
- 1 big onion, finely chopped
- 1 big clove garlic
- 2 tsps dried mint, rubbed
- 1 tsp oregano
- Freshly ground pepper
- 1 tsp tomato paste
- 1 cup hot water
- 1 tsp sugar
- ½ tsp cinnamon
- 1 cup fresh chopped leaf parsley
- 1 heaped tbsp. butter

For the white sauce:

- 8 cups milk
- 1 egg, lightly beaten
- 3 tbsps grated cheese
- 8 heaped tbsps corn flour
- 1 level tsp salt
- 1 tbsp finely chopped parsley
- 3 heaped tsps butter
- 3 tbsps breadcrumbs

DIRECTIONS

1. Macaroni:

- Grease a shallow baking dish (33 x 38cm).
- Break the Macaroni in half (this will enable you to arrange the cooked pasta better in the baking dish later).
- Add Macaroni to a large pan of boiling water, together with 1 tbsp olive oil, 1 tsp salt and 1 vegetable stock cube (optional). Boil, uncovered, until al dente.
- Drain and rinse under cold water. Drain well and put aside in a bowl.
- Add 1 tbsp butter to the pasta, 3/4 cup of your grated halloumi, the beaten egg and 1tsp dry mint. Mix well and set aside.

2. Meat Sauce:

- Heat the rest of your oil in a large frying pan; add your chopped onion and garlic and cook until soft.
- Add the mince and cook until well browned. Add the pasata and the tomato paste, the sugar, oregano, dried mint, cinnamon, the stock cube dissolved in 1 cup of hot water, the salt and the freshly ground black pepper. Towards the end, add the parsley and remove from the heat.

3. White sauce:

- Dissolve your corn flour in 1 cup of milk, then and 1 tsp salt. Add the egg (lightly beaten), and the finely chopped parsley.
- In a big non-stick pan add the remaining 7 cups of milk and bring almost to the boil. Gradually whisk the dissolved corn flour and egg mixture into the hot milk, stir well over the heat until the mixture boils and thickens; mix until smooth and remove from heat.

4. Next steps:

- Add half of the macaroni into your greased dish. Top the macaroni with the meat sauce and spread evenly. Add rest of the pasta over meat sauce.
- Pour over ¾ of the white sauce and use a fork to make sure that some of the white sauce goes through the pasta to the base of the dish. Now add the rest of the white sauce and smooth the surface, then sprinkle the breadcrumbs and cheese on top.
- Spread several nobs of butter equally along the surface of the dish.
- Bake uncovered at 180C for 1 hour, or until golden brown.
- Leave to stand for 15 minutes before serving.

NOTES

NAME OF RECIPE: FLAOUNES

From the Kitchen of: **CYPRUS**

Few Words:

Preparation Time:

Number of
Servings:

Cooking Temperature:



INGREDIENTS

For the filling

- 500g/1lb 2oz pecorino romano cheese (or a vegetarian alternative)
- 250g/9oz halloumi cheese
- 75g/2½oz plain flour
- 90g/3¼oz fine semolina
- 7g instant yeast
- 2 tsp dried mint

For the pastry

- 750g/1lb 10oz strong plain flour, plus extra for flouring
- 1 tsp mastic powder (a plant resin used in baking, available from specialist stores online)
- 2 tsp ground mahlepi, also known as mahleb (a Greek spice made from the ground stone of the St Lucie cherry)
- 1 tsp caster sugar
- 1 tsp salt
- 7g instant yeast
- 60g/2¼oz unsalted butter, softened
- 450ml/16fl oz full-fat milk

For the glaze

- 200g/7oz sesame seeds
- dash of white wine vinegar
- 3 free-range egg yolks, lightly beaten

DIRECTIONS

1. For the filling, grate the pecorino romana and halloumi into a large bowl. In a separate bowl, mix the plain flour, semolina, yeast, dried mint and sultanas together. Beat the eggs and milk together in a jug.
2. Tip the flour mixture over the cheese and pour over the egg mixture. Mix together with your hands. Cover and leave to stand while you make the pastry.
3. For the pastry, tip the flour, mastic powder and mahlepi into a mixing bowl. Add the sugar and salt to one side of the bowl and the yeast to the other. Add the butter into the centre of the flour with 350ml/12fl oz of the milk. Combine the ingredients to form a soft dough. Gradually add the remaining milk - you may not need it all.
4. Place onto a floured surface and knead until smooth. Place back in the bowl, cover and leave to rest for 1 hour.
5. For the glaze, place the sesame seeds, vinegar and enough water to cover in a small saucepan and bring to boil. Drain well and spread the seeds over a clean tea towel to dry.
6. Preheat the oven to 200C/180C Fan/Gas 6. Line 3 baking trays with non-stick baking parchment.
7. Divide the pastry into large pieces and roll out on a lightly floured work surface until about 3mm/1/8in thick. Using a saucer as a template, cut into 12 x 15cm/6in rounds. Firmly press one side of the pastry rounds into the sesame seeds to coat.
8. To finish the filling, add the baking powder to the filling mixture and divide the filling into 12. Place one portion of filling into the centre of each dough circle and fold in 3 sides to make a rounded triangle shape, leaving a gap in centre with the filling exposed.
9. Place the flaounes on the baking trays, brush the tops with the beaten egg yolk and bake for 15 minutes. Reduce the oven temperature to 180C/160C Fan/Gas 4 and bake for a further 15 minutes, or until golden-brown and puffed up. Serve hot or cold

NOTES

NAME OF RECIPE: KASTINYS (beaten cream)

A dish made of sour cream, butter, sour milk and various herbs.

From the Kitchen of:

LITHUANIA

Preparation Time: 1 hour

Number of Servings:

Cooking Temperature:

Few Words: *It is traditionally eaten during fasting or special occasions, such as weddings or christenings and accompanied by hot potatoes or bread.*



INGREDIENTS

- 380 grams of sour cream (room temperature)
- 100 grams of butter (room temperature)
- 1 pile of dill
- 3 cloves of garlic
- 1 pinch of salt

DIRECTIONS

1. Put butter in a bowl and turn it out with a wooden spoon.
2. Add a few tablespoons of sour cream and continue to spin until smooth. When the mass becomes uniform, add the sour cream again.
3. If, while stirring, you notice that the butter crumbs are separating, place the bowl on the pot with boiling water so that the bottom of the bowl does not come in contact with the boiling water, thereby making a steam bath. In this heated bowl, continue to spin until the butter crumbs remain. Move and continue to spin.
4. When all the sour cream has been mixed, add chopped garlic, dill and salt with salt. Shuffled again.

NOTES

NAME OF RECIPE: ŠALTIBARŠČIAI (*cold soup*)

From the Kitchen of: **LITHUANIA**

Preparation Time: 30 min

Number of Servings: 4

Few Words:

Cooking Temperature:



INGREDIENTS

- Kefir (fermented milk), 500 ml
- Marinated beetroot, 200 g
- Water, 250 g
- Cucumbers, 200 g
- Chives (spring onion), 100 g
- Dill, 5 g
- Eggs, 2 pc
- Boiled potatoes, 400 g
- Salt, 1 teaspoon

DIRECTIONS

1. Chop the marinated beetroot.
2. Pour kefir into a pot or large bowl, add salt and mix.
3. Add water and add the chopped beetroot, fresh cucumbers, chopped dill and chives. Chill everything. While waiting for it to chill, boil potatoes and eggs.
4. Serve with boiled eggs, the boiled potatoes serve separately

NOTES

NAME OF RECIPE: **TORTILLA DE PATATAS**

From the Kitchen of: **SPAIN**

Preparation Time:

Number of
Servings:

Few Words:

Cooking Temperature:

INGREDIENTS



- 4 medium potatoes
- 1 onion
- 1 tablespoon salt
- 350 ml of extra virgin olive oil
- 6 large eggs

DIRECTIONS

1. Peel and cut the potatoes and the onion into pieces approximately 1/8-inch thick.
2. Place potatoes and onion into a large bowl and mix them together. Salt the mixture.
3. In a large frying pan, heat 300ml of olive oil on medium-high heat. Carefully place the potato-onion mixture into the frying pan. The oil should almost cover the potatoes. You might need to turn down the heat slightly so the potatoes do not burn. You want them to slowly fry, not becoming crisp like french fries, but rather tender and creamy.
4. Leave the mixture in the pan until the potatoes are cooked. If you can poke a piece of potato with a spatula and it easily breaks in two, your potatoes are done. Remove from the pan with a slotted spoon or spatula that allows the oil to drain and let cool.
5. Crack the eggs into a large and beat by hand with a whisk or fork. Pour in the cooled potato-onion mixture. Mix together with a large spoon. Let sit for about five minutes.
6. Pour 1 to 2 tablespoons of the remaining olive oil into a frying pan (approximately 9 to 10 inches in diameter) and heat on. When hot, stir the potato-onion mixture once more and "pour" into the pan and spread out evenly. Allow the egg to cook around the potatoes.
7. When the mixture has browned on the bottom, you are ready to turn it over to cook the other side. Take the frying pan to a sink. Place a large dinner plate – about 12 inches in size – upside down over the frying pan. With one hand on the frying pan handle and the other on top of the plate to hold it steady, quickly turn the frying pan over and let the omelet fall onto the plate.
8. Place the frying pan back on the range and slide the omelet into the frying pan again. Use the spatula to shape the sides of the omelet. Let the omelet cook for 3 to 4 minutes. Turn the heat off and let the tortilla sit in the pan for 2 minutes.

NAME OF RECIPE: SALMOREJO

From the Kitchen of: **SPAIN**

Preparation Time:

Number of
Servings:

Few Words:

Cooking Temperature:

INGREDIENTS

- 1 kg of tomatoes
- 150g of bread, day old if possible
- 1 clove of garlic, minced
- 100g extra virgin olive oil.
- 20g or vinegar
- 15g of salt
- 2 boiled eggs
- 100g cured Spanish ham



DIRECTIONS

1. Peel the tomatoes and cut into pieces.
2. Combine in a blender with the bread, also cut into pieces with crust removed, and garlic. Allow to soak for ten minutes.
3. Blend until homogenous, then add the vinegar, salt to taste, and olive oil. Blend again until beautifully creamy. Refrigerate.
4. Meanwhile, put a pot of water on to boil. Add the eggs and boil for exactly 10 minutes.
5. Allow to cool, peel and chop.
6. Slice the ham into thin, short strips and garnish the soup with the egg, ham, and a splash of olive oil.

NOTES

NAME OF RECIPE: **LATVIAN CHILLED BEET SOUP**

From the Kitchen of: **LATVIAN**

Preparation Time:

Number of Servings:

Few Words:

Cooking Temperature:

INGREDIENTS

- 600g/1.5 pounds/5-6 medium sized fresh beets, with stalks
- 750ml cold water (or enough to cover the beets)
- 500ml chicken or vegetable stock
- 1 tbsp sugar
- 300ml buttermilk
- 150ml full-fat natural yogurt
- 1 tbsp lemon juice
- Sea salt and black pepper

To Serve

- Fresh dill, or chives, finely chopped
- ½ an English cucumber, peeled, very finely sliced
- 4 radishes, very finely sliced
- 2 hard-boiled eggs, cooled, peeled



DIRECTIONS

1. Wash the beetroot (including the stalks and leaves) very thoroughly. Chop the stalks into small pieces and peel the beetroot. Grate the beetroot (you may want to wear gloves!) and put the beetroot and stalks in a large pan. Cover with 750ml cold water. Bring to the boil slowly, then turn down the heat and very gently simmer for 20 minutes. It's important that the soup doesn't boil too rapidly.
2. Once the beetroot has softened, pour in the chicken or vegetable stock, add the sugar, stir well and leave to cool until completely cold. Refrigerate if necessary.
3. You can, if you like, slightly blend the soup at this stage with a stick blender. You'll get a richer colour if you do.
4. To the cold soup, add the buttermilk and yoghurt and stir. Taste; if the soup has quite a sweet flavour, add the lemon juice. Season with sea salt and a little black pepper.
5. To serve the soup, stir through some finely chopped fresh dill and garnish the soup with cucumber and radish. Traditionally this cold beetroot soup is also served with cooled, boiled eggs.
6. If, like me, you like the combination of beetroot and dill, you could go a step further and also try this vegetarian recipe for a buckwheat, beetroot and feta salad.

NAME OF RECIPE: LATVIAN BACON PIES

From the Kitchen of: **LATVIAN**

Preparation Time:

Number of Servings:

Few Words:

Cooking Temperature:

INGREDIENTS

For the dough

- 500ml milk
- 125ml cream
- 100g sugar
- 4 teaspoons dry yeast
- 125g sour cream
- 1 egg, lightly whisked
- 1 kg plain flour
- 1 tbsp salt

For the filling

- 500g middle bacon or side bacon
- 1 small onion
- salt and pepper
- Extra flour for rolling
- 1 egg for egg wash



DIRECTIONS

1. Pour milk and cream in a saucepan and add the sugar. Heat the mixture until it becomes blood warm. (Test by placing couple drops on your wrist, if the milk feels very hot, let it cool down a bit. Do not get the milk to the boiling point as it will kill the yeast.)
2. In a large bowl, pour the milk mixture and add cubed butter, sour cream and the whisked egg, combine well.
3. Add yeast, sifted flour and couple tablespoons of salt and mix until all is combined well to create the dough. Knead the dough until it becomes smooth and does not stick to the hands or the bowl (add a bit more flour if necessary).
4. Cover the bowl with a clean tea towel and place in a warm spot for an hour or until the dough has doubled in size (about 1 to 1 1/2 hours). To speed up the process, place the bowl in a sink filled with hot water.
5. Meanwhile, make the filling: finely cut the bacon and the onion, add a teaspoon of finely ground pepper and combine well.
6. Preheat the oven to 180 degrees. Line a baking tray with baking paper. Whisk the egg in a small bowl and set aside.
7. Sprinkle some flour on the rolling surface and place the dough on it. Cut it in quarters and work on each quarter at a time by rolling it until the dough is 5 mm thick.
8. Cut out circles about 6 cm in diameter (I usually use a mug for cutting) from the rolled dough. Place one heaped teaspoon of filling on one side of the circle and fold over. Tightly press the dough together using your fingers, place *pirāgs* seam side down and bend in a shape of a half moon (the last bit is optional).
9. Transfer pies on to the baking tray, spaced about 2 cm apart. Using a pastry brush, brush each pie with the egg wash.
10. Place the tray in the oven and bake for 15-17 minutes until golden brown.

NOTES

This amount of dough will make around 45 pies. *Pirāgi* can also be filled with sauerkraut, mushrooms or minced meat. When used in other recipes, the amount of dough is considered to be one quantity.

NAME OF RECIPE: TRACHANOTO

(with Chopped Chicken & Vegetables)

From the Kitchen of: **GREECE**

Preparation Time:

Number of
Servings:

Few Words:

Cooking Temperature:



INGREDIENTS

- 100gr Parmesan
- 0.5Kg Frumentry (trachanas sour)
- 1 zucchini chopped
- 2 red swee peppers (chopped)
- 1 green sweet pepper (chopped)
- 300gr white mushrooms (in slices)
- 180gr fresh butter
- 1.5 lt water (with 3 chicken cubes)
- 1 pinch black pepper
- 150gr olive oil
- 400gr chicken fillet
- 100ml white wine
- 200gr chopped parsley

DIRECTIONS

1. In a large frying pan put the chicken with the oil and let it fry for about 5 minutes over medium heat.
2. Then pour the peppers and mushrooms and continue for another 5 minutes.
3. Then put it out with white wine and gradually add the broth, the trachana, the salt, the pepper and the parsley.
4. Once the water has been absorbed, take the pan out of the heat and add the butter to blend with the rest of the ingredients.
5. Finally add the parmesan.s.

NOTES

NAME OF RECIPE: GALAKTOMPOUREKO

(with caramelized puff pastry and sweet sour spoon)

From the Kitchen of: **GREECE**

Preparation Time:

Number of
Servings:

Few Words:

Cooking Temperature:

INGREDIENTS



- 440gr coarse semolina
- 620gr sugar
- 1400ml sour cream
- 8 eggs
- 6 tablespoon fresh butter
- 4 vanillas
- Shaved (2) two lemons

DIRECTIONS

1. Caramelised puff pastry:
 - 1 sheet of puff pastry pierced with a fork cut into a triangle sprinkled with sugar at 180°C for half an hour.
2. Prepare the Milky Cream:
 - Put milk, sour cream, semolina, vanilla and lemon zest in a saucepan over low heat and mix well.
 - Divide the egg whites and yolks and merge the egg whites, beat the yolks separately and then unite them very slowly.
 - When the eggs are ready, pour them slowly into the pan, stirring very well, and just before removing the pan from the heat, put the butter and stir until it thickens.

NOTES

NAME OF RECIPE: PIZZA MARGHERITA *in four easy steps*

From the Kitchen of: **ITALY**

Preparation Time: 1 hour

Servings: 6

Cooking Temperature: 220 °C



INGREDIENTS

For the base

- 300 gr bread flour
- 200 ml warm water
- 1 tsp instant yeast
- 1 tsp salt
- 1tbsp olive oil

For the tomato sauce

- 100 ml tomato sauce
- fresh basil (or 1 tsp dried)

For the topping

- 125 gr mozzarella cheese, sliced
- cherry tomatoes, halved
- dried oregano

METHOD

1. For the base:
 - Put the flour into a large bowl, then stir in the yeast and salt.
 - Make a well, pour in 200 ml warm water, the olive oil and mix together with a wooden spoon until you have a soft, fairly wet dough.
 - Turn it onto a lightly floured surface and knead for 5 minutes until smooth.
 - Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it is not essential for a thin crust.
2. For the sauce:
 - Mix the tomato sauce and basil. Then season to taste.
 - Leave to stand at room temperature while you get on with shaping the base.
3. Roll out the dough: if you have let the dough rise, give it a quick knead, then split it into two balls. On a floured surface, roll out the dough into a large circle, about 25 cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven.
4. Smooth sauce over bases with the back of a spoon. Sprinkle the mozzarella cheese and tomatoes on top, drizzle with olive oil and season with salt and oregano.
5. Heat the oven to 220°C
6. Put the pizza on a preheated sheet or tray. Bake for 8-10 minutes until crispy.
7. Serve with a little more olive oil, and basil leaves. Repeat the same steps with the remaining dough.

NAME OF RECIPE: SPAGHETTI ALLA CARBONARA

From the Kitchen of: **ITALY**

Preparation Time: 15-30 min

Servings: 4

Cooking Temperature: 100°C for the boiling water

INGREDIENTS



- 100 g pancetta
- 50 g pecorino cheese
- 50 g parmesan cheese
- 1 large egg + 2 egg yolks
- 350 g spaghetti pasta
- oil
- a pinch of sea salt and freshly grated black pepper

METHOD

1. Put a large saucepan of salted water on medium heat to boil.
2. In the meantime chop 100g of pancetta, having first removed any rind. In a bowl finely grate 50g of pecorino cheese and 50g of parmesan cheese and mix them together.
3. Beat the eggs in a medium bowl and season with a little freshly grated black pepper and a pinch of salt. Set everything aside.
4. Put 350g of spaghetti into the boiling water and cook it for 8-10 minutes until “al dente” (almost cooked)
5. While the spaghetti is cooking, fry the pancetta in a large oiled pan. Leave to cook on medium heat for about 5 minutes, stirring often, until the pancetta is golden and crisp. Keep the heat under the pancetta on low.
6. When the pasta is ready, drain it and put it in the frying pan with the pancetta.
7. Mix most of the cheese in with the eggs, keeping a small handful back for sprinkling over later.
8. Take the pan off the heat.. Quickly pour in the eggs and cheese. Using a pair of tongs or a long fork, lift up the spaghetti so it mixes easily with the egg mixture.
9. Add extra pasta cooking water to keep it saucy if needed (several tablespoons should do it).
10. Serve immediately with a sprinkle of the remaining cheese and season to taste.

NAME OF RECIPE: TIRAMISU'

From the Kitchen of: **ITALY**

Preparation Time: 30 min

Servings: 9



INGREDIENTS

- 6 large eggs (at room temperature)
- 1 cup sugar (200g)
- 1 ¼ cup mascarpone cheese (250g) (at room temperature)
- 2 packages of Savoiardi (sponge fingers)
- 2 cups cold espresso coffee
- 2 tbs coffee flavoured liquor (optional)
- unsweetened cocoa for dusting

METHOD

1. Combine egg yolks and sugar and stir constantly with a wire whisk
2. Add the Mascarpone cheese to the whipped yolks, mixing until well combined.
3. In a separate bowl, using an electric mixer, whip the whites to stiff peaks.
4. Gently fold the whipped whites in with the mascarpone mixture and set aside.
5. Mix the cold espresso with the (coffee) liquor and dip the Savoiardi into it just long enough to get them wet, do not soak them!
6. Arrange the Savoiardi on the bottom of a medium--sized square baking dish (or similarly-sized container).
7. Spoon half the mascarpone cream filling over the Savoiardi.
8. Repeat process with another layer of Savoiardi.
9. Add another layer of tiramisu cream.
10. Refrigerate for at least 4 hours. Overnight is best.
11. Dust with cocoa before serving.

NOTES



Recipe
